

Easy Snacks and One-Minute Meals

References: *Eating on the Run* and *Food and Health Communications*

Fruit and Yogurt Smoothie

½ cup frozen fruit (banana, peach, etc.)
1 cup nonfat or lowfat vanilla yogurt
¼ cup orange juice

Blend until smooth. ~200 calories.

Granola (Cheryl Sullivan, MA, RD)

4 cups rolled oats
¼ cup honey
¼ cup apple juice concentrate
½ tsp cinnamon
¼ tsp almond extract
½ cup chopped nuts
½ cup toasted wheat germ
1 cup dried cranberries

In a large baking pan toast the oats in a 350 degree oven, stirring every 3 minutes, until golden (about 9-10 minutes). In the microwave or a small saucepan, heat the honey and juice concentrate just until the honey liquifies. Pour into a large mixing bowl and stir in the cinnamon and almond extract. As soon as the oats are toasted, add them to the honey mixture. Stir quickly to coat everything well. Spread the mixture into the baking pan again and return to the oven for 5 to 6 more minutes, stirring once or twice, until just starting to brown. Allow the oat mixture to cool in the baking pan then stir in the wheat germ and dried cranberries. Package in airtight containers.

12 servings. 1/4 cup serving = 244 calories

Banana Burrito

1 tortilla, whole wheat
1 peeled banana
1 Tbsp. Peanut butter
Wheat germ or chopped nuts, optional

Warm tortilla on comal or in microwave. Spread peanut butter on tortilla and roll up around the banana. Add wheat germ or nuts if desired.

Muffin Melt

1 English muffin, whole wheat
2 tsp. mustard
1 oz. reduced fat cheese
1 oz. Canadian bacon or lean ham

Toast muffin halves and spread with mustard. Top with Canadian bacon and cheese. Broil or microwave until cheese is melted.

Turkey Wrap

1 tortilla, whole wheat
1 Tbsp. Light cream cheese or soft goat cheese
1-2 slices turkey breast
Spinach or leaf lettuce; tomato slices

Spread the cream cheese on the tortilla. Add turkey, spinach and tomato slices. Roll up.

Southwestern Stuffed Potato

½ russet potato, baked (Bake ahead of time. Pre-baked potatoes can be kept in the freezer.)
1/3 cup canned or cooked beans
¼ cup green chile
2 Tbsp. grated cheese

Top the potato with the beans, chile and cheese. Heat in microwave until hot.

Salmon Quesadilla

1 tortilla
2 oz. cooked salmon (“planned-over”)
1 oz. reduced fat cheese, optional
Spinach or leaf lettuce
2 Tbsp. salsa verde

Put the salmon in the tortilla (and optional cheese) and heat on comal or in microwave. Top with salsa and spinach leaves; roll up.

Greek Lunch

1 piece pita bread or 1 tortilla
1/3 cup hummus
Cucumber slices, bell pepper strips
Kalamata olives (optional)

Tear off pieces of the pita or tortilla to dip in the hummus, along with the cucumber and pepper strips.

Quick Pizza

1 English Muffin or small ciabatta roll, cut in half
1 large mushroom, sliced
1 oz. mozzarella cheese, sliced or grated
2 Tbsp. pizza or tomato sauce
1 tsp. Italian herbs, or ½ tsp. Oregano

Spread sauce on both halves. Sprinkle herbs. Place cheese and mushrooms on bread. Broil or microwave until cheese is melted.